

# Among Friends

August 2013

The mission of the Holden Council on Aging is to assist seniors and their families by providing services and activities that will enable them to stay independent and living in their own homes for as long as possible.

SENIOR SERVICES  
COUNCIL ON AGING  
1130 Main Street  
Holden, MA 01520  
Tel.: 508-210-5570  
Trans.: 508-210-5573  
Nutrition: 508-210-5578



## HCOA BOARD

Rev. Dr. Jerry Heslinga, Chair  
Richard Mansfield, Jr.  
Susan Sullivan  
Faye Ellis  
Rebecca Tornblom  
Marilyn Burnham  
Maureen Locke

## SENIOR CENTER STAFF

Louise Charbonneau,  
Director of Senior Services  
Maureen Buffone, Senior Clerk  
Paula Earley, Outreach  
Cindy Smith, Outreach  
Clare Nelson,  
Program Coordinator  
Naomi Sohlman,  
Transportation Coordinator  
Ernest Diesslin, Van Escort  
Marjeanne Adels, Van Escort  
Stephanie Gabrielli, Dining Manager

## VAN DRIVERS

James Wells  
George Warden  
Lawrence Pierce  
Mary Sloan

## FRIENDS OFFICERS

Faye Ellis, President  
Marcia Sherbourne, Vice President  
Geri Sawyer, Secretary  
Helen Holmes, Treasurer

## TELEPHONE NUMBERS

Senior Center 508-210-5570  
Transportation 508-210-5573  
Nutrition Site 508-210-5578  
& Lunch Reservations  
Veterans' Agent 508-210-5529  
Fax 508-829-0214

## HOURS

Monday through Friday  
8:00 a.m. to 4:00 p.m.

## The 1953 Massachusetts Tornado

On **Thursday, August 1** at **1:00 p.m.**, Lynne Amsden from the Rutland Historical Society will present a multi-media program on the 1953 tornado which struck Rutland and Holden in addition to Worcester and several other towns. The show features many local photos not seen before and a wonderful radio narrative. Free and open to all. Please join us in our air conditioned building. Call 508-210-5570 to reserve a seat. If you wish to come for lunch at noon and stay for the show, please call 508-210-5578 for a lunch reservation.



## "Nutrition Pearls of China, Costa Rica and Loma Linda"



Nutritionist Tricia Silverman will present "Nutrition Pearls of China, Costa Rica and Loma Linda" on **Wednesday, August 7** at **1:00**. The Chinese have lower rates of heart disease, cancer and diabetes. The Costa Ricans live long eating lots of beans, squash, and corn, and the Seventh Day Adventists in Loma Linda are the longest living population in the US. What are their secrets? Free and open to all. Refreshments. Call 508-210-5570 to reserve a place. If you want to come for lunch beforehand, call 508-210-5578 for a reservation.

## SCAMS AND FRAUD

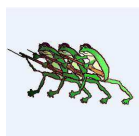
Come for lunch on **Monday, August 12** at **noon** with Detective Chris Carey from the Holden Police Dept. Carey will speak on the latest SCAMS following lunch and with time for questions and answers. Call 508-210-5578 for a lunch reservation and 508-210-5570, if you just want to come for the talk.

**SCAMS**  
**TARGET YOU**  
**PROTECT YOURSELF**

## THE MAIN EVENT



On **Wednesday, August 14**, at **1:00 p.m.**, join us for classic night club entertainment featuring Bill Sbrogna and the Solid Gold Singers performing the best of Sinatra, Dean Martin, Bobby Darin, and Elvis. Free and open to all. Please call 508-210-5570 to reserve a seat.



## DID YOU KNOW...?

A group of frogs is called an army.  
J is the only letter not to appear on the periodic table.  
Anuptaphobia is a fear of staying single.





# UPCOMING TRIPS

**Tuesday, Aug. 13 ... "Broadway and the Feast"** Join us as we bring a bit of Broadway to the beaches of Maine. We transform one of Maine's best known facilities for lobster, Fosters, into our very own theatre! Best of Times' own stage, lighting and sound system creates the show experience our customers have come to expect. Experience one of Maine's finest traditions at one of its finest locations. Our show this afternoon features the dynamic duo of The Chimenti's. They are a husband and wife duo that bring Broadway to life in a very special and unique way. Cathy's repertoire includes a tour with American Family Theatre's production of The Little Mermaid as well as roles such as Mama Rose in Gypsy, Fanny Brice in Funny Girl, Sheila in A Chorus Line and Grace Farrell in Annie. Michael has a powerful voice and has been seen in New York productions of Fiddler on the Roof, The Fantasticks, Sweeney Todd and The Producers. Your meal includes whole boiled 1 1/4 lb. Lobster, Clam Chowder, Fresh Steamed Mussels, Fresh Maine Clams, Corn on the Cob, Potatoes & Onions, Blueberry Cake, Rolls, Butter & Beverage. A 1/2 BBQ Chicken is available as a non-lobster alternative. **Cost for this trip is \$86.00/person including driver's gratuity.**

**Friday, Sept. 6 ... "Boston Harbor Whale Watch/Quincy Market"** You will experience an unforgettable excursion, with Boston Harbor Cruises, aboard a specially designed high-speed catamaran, whale watching vessel to Stellwagen Bank, feeding ground of the world's largest mammals. Discover the great whales of the North Atlantic such as the Humpback, Finback, and Minke Whales. Don't forget your camera! From the research scientists on board you'll learn about these different types of whales, as well as, their interesting behavior and what to look for during your sighting. Enjoy the cruise on deck or in the heated main cabin where your comfort is assured. Complete galley service offering your favorite food. **As it's usually cooler on the water, a jacket or sweater is a good idea, as well as rubber-soled shoes.** After your cruise, you will have time to take advantage of some of the things that Boston has to offer. Stroll the sidewalks of fashionable Newbury St. Explore the historical landmarks on the Freedom Trail. Enjoy lunch on your own at Faneuil Hall marketplace, the lovely core of Boston's historic waterfront and the nation's premier urban marketplace. Housed in three beautifully restored 19th century buildings, its 125 shops and 21 restaurants offer tantalizing delicacies and unique gifts in a festive atmosphere that spills onto cobblestone street filled with an amazing variety of street performers. Depart the Holden Senior Center at 8:00 a.m. and return at approximately 5:30 p.m. Cost for this trip including drivers gratuity is **\$68.00** per person.

**Tuesday, Oct. 1 ... "Oktoberfest & Fall Foliage Train Ride"** We will spend our morning enjoying a scenic October Foliage ride on the Naugatuck Railroad which is becoming an increasingly popular tourist line operating through the breathtaking New England countryside in Connecticut between Torrington and Waterbury. The East Side Restaurant has been continuously family owned and operated on the same site for over 70 years. They also commissioned the mural in the dining room utilizing the grapes and wooden plaques (symbols of Old Heidelberg), in a classical style to transform the dining room into a terrace overlooking the ancient city. Our lunch will consist of: Soup, Salad, Cottage Cheese, Cole Slaw and your choice upon arrival of German Pot Roast, Sauerbraten, Burgermeister, Jager Schnitzel, Bratwurst, Knockwurst, Chicken Schnitzel, Baked Stuffed Sole or Chicken Parm, all served with Potato, Vegetable, Cabbage, Rye Bread & Butter, Coffee, Tea and Dessert. Depart the Senior Center at 7:00 a.m. and return approximately 4:00 p.m. Cost for this trip including driver's gratuity is **\$97.00/person.**



## JUST A REMINDER...

...Now that summer's here we want to remind you that the Senior Center is air conditioned. You are more than welcome to come in and spend the day and enjoy the "coolness!" We have books, games and movies for you to enjoy, or you can participate in whatever may be going on. **ALSO**, while here at the Center, please be aware that the air conditioning is on and set at 75°. If you tend to "run" chilly, we encourage you to bring a sweater along with you, as we try not to turn the system on and off.



## INDOOR FLEA MARKET...

The Friends will be holding an indoor flea market on Holden Days, **Saturday, August, 24** from **9:00-3:00**. Tables/spaces will be \$20.00 each. If you have things you'd like to get rid of, how better than a table in our air conditioned building! Please be aware that whatever you do not sell, you must take home with you, as we have no storage space available. Payment must be received at the time you register. **For further information, please call Paula Grady at 508-829-3462.**



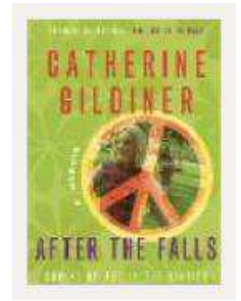
## SHINE COUNSELOR

**Monday, August 12, & Monday, August 26**  
**BY APPOINTMENT ONLY**



## BOOK DISCUSSION GROUP

The discussion group will meet **Thursday, August 8 at 10:00 a.m** to discuss the book After the Falls by Catherine Gildiner. When Cathy McClure is thirteen years old, her parents make the bold decision to move to suburban Buffalo in hopes that it will help Cathy focus on her studies and stay out of trouble. But “normal” has never been Cathy’s forte, and leaving Niagara Falls and Catholic school behind does nothing to quell her spirited nature. As the 1960s dramatically unfold, Cathy takes on many personas — cheerleader, vandal, HoJo hostess, civil rights demonstrator — with the same gusto she exhibited as a child working split shifts in her father’s pharmacy. But when tragedy strikes, it is her role as daughter that proves to be most challenging.



**September’s Selection:** Glass Castle by Jeannette Walls

## ANNUAL PICNIC

*Come & Dine Rain or Shine*



Please join us on **Thursday, August 15** at **noon** for our annual cookout, featuring hot dogs, hamburgers, corn, and all the fixings. We will also be providing dessert! This year we will be holding the picnic here at the Senior Center. **Reservations are required** and must be made by **Monday, August 12th** by calling 508-210-5570. Cost for this event for Holden seniors and Holden Senior Center Volunteers will be \$3.00 per person; and \$8.00 per person for out of town elders.

## HAVE LEGAL QUESTIONS??

Attorney Arthur Bergeron from Mirick O’Connell will be available on **Wednesday, August 21** from 10:00-12 noon to answer legal questions for Holden Elders only. Appointments are required. Make your appointment by calling 508-210-5570.



## FROM THE FRIENDS...

*Our*  
**HISTORY**

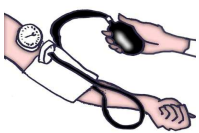
Some of the history of the Holden Friends has been unearthed! We have notes, minutes of past meetings and newsletters since close to our beginning. Do any of our “Friends” have more? We are trying to put it together to see our progress. If you have any Friends’ history, please call Faye at 508-829-6854.

## WE NEED YOU....

We are looking for volunteers (men and women) to join our Pen Pal Program. It is truly **not** a large investment of time but the rewards are endless. We go to Mayo School to meet our 3rd grade Pen Pals in late September or early October and then write “letters” (as long or as short as you are comfortable with) every other month until we meet again in June to say good bye. If you have difficulty writing, you are welcome to use a computer or typewriter. This program has been in existence for over 30 years and we’d like to keep it going strong. Talk to your friends - chances are either they are or have been a pen pal or know someone who has. If you have questions or if you’d like to be a Pen Pal, please call the Senior Center at 508-210-5570. We look forward to hearing from you.



## PLEASE REMEMBER...



Just a little reminder that we now offer free Blood Pressure Clinics every Tuesday from 10:00-12 Noon. We encourage you to take advantage of this offering as part of your healthy aging process!!

## Words to Live By...

*“I have learned that to have a good friend is the purest of all God’s gifts, for it is a love that has no exchange of payment.” ~ Frances Farmer, American Film Actress 1914-1970*






































# AUGUST 2013



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>SCAMS</b> <b>TARGET YOU</b> <b>PROTECT YOURSELF</b> Monday, August 12 @ Noon	<b>MENU &amp; MOVIES</b> <b>ARE SUBJECT</b> <b>TO CHANGE</b> <b>WITHOUT</b> <b>NOTICE</b>	<b>THE MAIN EVENT</b> <i>Wednesday, August 14</i> at 1:00 p.m. 	<b>1</b> 8-4:00 Billiards 10:00 Mah Jongg 10:30 Low Impact Exercise 12:00 Senior Lunch <b>Rib-B-Que</b> Movie "Unstoppable" 1:00 Bridge 1:00 1953 Tornado 	<b>2</b> 8-4:00 Billiards 10:00 Poker 12:00 Senior Lunch <b>Beef Chow Mein</b> 
<b>5</b> 8-4:00 Billiards 10:00 Crafts 12:00 Senior Lunch <b>American Chop Suey</b> 1:00 Quilting 	<b>6</b> 8-4:00 Billiards 9:30 Needlework 10-11:45 Blood Pressure Clinic 10:30 Low Impact Exercise 12:00 Senior Lunch <b>Chicken Cantonese</b> 1:00 Bingo 1:00 Bridge 2:30 Chair Yoga  	<b>7</b> <b>Walgreen's Senior Discount Day</b> 8-4:00 Billiards 10:00 Senior Walkers 12:00 Senior Lunch <b>Breaded Fish</b> 1:00 Pitch Party 1:00 Nutrition Pearls  	<b>8</b> 8-4:00 Billiards 10:00 Mah Jongg 10:30 Low Impact Exercise 10:00 Book Discussion Group Senior Lunch <b>Turkey a La King</b> 12:30 Movie "In the Shadow of the Moon" 1:00 Bridge 	<b>9</b> 8-4:00 Billiards 9:00 Bereavement Group 10:00 Poker 12:00 Senior Lunch <b>Veal Marsala</b> 
<b>12</b> SHINE By Appt. Only 8-4:00 Billiards 10:00 Crafts 12:00 Senior Lunch <b>Chicken Murphy</b> 12:00 Scams and Fraud 1:00 Quilting 	<b>13</b> 8-4:00 Billiards 9:30 Needlework 10-12 Blood Pressure Clinic 10:30 Low Impact Exercise 12:00 Senior Lunch <b>Macaroni &amp; Cheese</b> 1:00 Bingo 1:00 Bridge 2:30 Chair Yoga  	<b>14</b> 8-4:00 Billiards 10:00 Senior Walkers 12:00 Senior Lunch <b>Meatloaf &amp; Gravy</b> 1:00 Pitch Party 1:00 The Main Event  	<b>15</b> 8-4:00 Billiards 10:00 Mah Jongg 10:30 Low Impact Exercise 12:00 Annual Picnic 1:00 Bridge 	<b>16</b> 8-4:00 Billiards 10:00 Poker 12:00 Senior Lunch <b>Salisbury Steak</b> 
<b>19</b> 8-4:00 Billiards 10:00 Crafts 12:00 Senior Lunch <b>Salmon Boat</b> 1:00 Quilting 	<b>20</b> 8-4:00 Billiards 9:30 Needlework 10-12 Blood Pressure Clinic 10:30 Low Impact Exercise 12:00 Senior Lunch <b>Roast Turkey &amp; Gravy</b> 1:00 Bingo 1:00 Bridge 2:30 Chair Yoga  	<b>21</b> 8-4:00 Billiards 10:00 Senior Walkers 10-12 Legal Assistance 12:00 Senior Lunch <b>Hot Dog on Bun</b> 1:00 Pitch Party  	<b>22</b> 8-4:00 Billiards 10:00 Mah Jongg 10:30 Low Impact Exercise 12:00 Senior Lunch <b>Buttermilk Chicken</b> 12:30 Movie "Ghosts of Girlfriends Past" 1:00 Bridge 	<b>23</b> 8-4:00 Billiards 10:00 Poker 12:00 Senior Lunch <b>Burgundy Meatballs</b> 
<b>26</b> SHINE By Appt. Only 8-4:00 Billiards 10:00 Crafts 12:00 Senior Lunch <b>Shepherd's Pie</b> 1:00 Quilting 	<b>27</b> 8-4:00 Billiards 9:30 Needlework 10-12 Blood Pressure Clinic 10:30 Low Impact Exercise 12:00 Senior Lunch <b>Rice &amp; Bean Pocket</b> 1:00 Bingo 1:00 Bridge 2:30 Chair Yoga  	<b>28</b> 8-4:00 Billiards 10:00 Senior Walkers 12:00 Senior Lunch <b>Chicken/Herbed Broth</b> 1:00 Pitch Party  	<b>29</b> 8-4:00 Billiards 10:00 Mah Jongg 10:30 Low Impact Exercise 12:00 Senior Lunch <b>Italian Braised Beef</b> 12:30 Movie "The Soloist" 1:00 Bridge 	<b>30</b> 8-4:00 Billiards 10:00 Poker 12:00 Senior Lunch <b>Chicken Salad w/ Pita Pocket</b> 

## COMING IN SEPTEMBER...

Wed., Sept. 11 ... Legal Clinic



Wed., Sept. 18 ... Andy Volpe as a Roman Legionary Soldier

Wed., Sept. 25 ... Home Cooked Meal



## FRIENDS OF HCOA

### I WOULD LIKE TO:

- ☐ Renew My Membership  
☐ Become a New Member

Enclosed is my \$5.00 Donation  
Please Send My Membership Card To:

Name: \_\_\_\_\_

Address: \_\_\_\_\_

Telephone Number: \_\_\_\_\_

You can stop by the Senior Center to join or mail your membership to: Holden Senior Center, 1130 Main Street Holden, MA 01520.

**BLOOD PRESSURE CLINICS NOW EVERY TUESDAY!!! SEE CALENDAR FOR TIMES!**

## AUGUST MOVIES

**Thurs., Aug. 1 ... "Unstoppable" ...** It's a nail-biting race against time as an unmanned train carrying a load of lethal chemicals speeds out of control, and a conductor and engineer do everything in their power to keep it from derailing and killing tens of thousands of people. Denzel Washington leads the cast in Tony Scott's tough-minded action thriller, in which a terrible circumstance forces a couple of ordinary men to become extraordinary heroes. *PG-13 ~ 98 minutes*

**Thurs., Aug. 8 ... "In the Shadow of the Moon" ...** David Sington and Christopher Riley's acclaimed documentary reveals the history of the Apollo space program through interviews with the brave astronauts who lived through a paradigm-shifting chapter in world history. Devoted to President John F. Kennedy's goal of sending a man to the moon, the NASA project pushed the envelope of what was humanly possible. But the program also experienced several failures, one of which resulted in tragedy. *PG ~ 109 minutes*

**Thurs., Aug. 22 ... "Ghosts of Girlfriends Past" ...** At his brother's wedding, playboy Connor is troubled to find that the ghosts of his many girlfriends have come to give him a piece of their mind. But they also teach him about true love as they help him rediscover old feelings for his first love. Stars Jennifer Garner & Matthew McConaughey. *PG-13 ~ 100 minutes*

**Thurs., Aug. 29 ... "The Soloist" ...** This true-life drama tells the poignant tale of Los Angeles newspaper reporter Steve Lopez (Robert Downey Jr.), who discovers brilliant street musician Nathaniel Ayers (Jamie Foxx), and the unique friendship that transforms both their lives. *PG-13 ~ 109 minutes*

*Distribution of this newsletter is made possible, in part, by a grant from the Massachusetts Executive Office of Elder Affairs and the Friends of HCOA*

Return Service Requested

Presorted Standard  
U.S. Postage  
**PAID**  
Holden, MA  
Permit No. 34

Friends of the Holden COA  
Holden Senior Center  
1130 Main Street  
Holden, MA 01520